

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 03008, Babyfood, meat, ham, strained

Report Date: October 27, 2015 12:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	80.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Energy	kcal	97	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Energy	kJ	407	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Protein	g	11.30	--	--	--	--	--	--	--	--	Manufacturer's analytical; partial documentation	--	03/2007
Total lipid (fat)	g	3.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Ash	g	0.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Carbohydrate, by difference	g	3.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	6	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Iron, Fe	mg	1.03	--	0.080	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Magnesium, Mg	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

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Phosphorus, P	mg	81	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Potassium, K	mg	204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Sodium, Na	mg	44	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn	mg	2.25	--	0.188	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Copper, Cu	mg	0.065	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Selenium, Se	µg	14.2	--	0.817	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	2.1	--	0.200	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Thiamin	mg	0.139	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Riboflavin	mg	0.154	--	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Niacin	mg	2.633	--	0.045	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Pantothenic acid	mg	0.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Vitamin B-6	mg	0.252	--	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Folate, total	µg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

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Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Folate, DFE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	45.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Vitamin B-12	µg	0.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1978
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	10011	02/2003
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin A, IU	IU	5	--	--	--	--	--	--	--	--	Calculated or imputed	10011	03/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.13	--	--	--	--	--	--	--	--	Calculated or imputed	10011	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	18	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	10011	02/2003

Lipids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	1.267	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
12:0	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
14:0	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
16:0	g	0.797	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:0	g	0.385	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total monounsaturated	g	1.803	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
16:1 undifferentiated	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:1 undifferentiated	g	1.646	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:1	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Fatty acids, total polyunsaturated	g	0.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:2 undifferentiated	g	0.464	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:3 undifferentiated	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:4 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Cholesterol	mg	24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1994
Amino Acids													
Tryptophan	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Threonine	g	0.603	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Isoleucine	g	0.661	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

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Leucine	g	1.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Lysine	g	1.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Methionine	g	0.355	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Cystine	g	0.171	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Phenylalanine	g	0.530	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Tyrosine	g	0.466	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Valine	g	0.716	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Arginine	g	0.940	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Histidine	g	0.472	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Alanine	g	0.838	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Aspartic acid	g	1.326	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glutamic acid	g	2.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glycine	g	0.796	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline	g	0.645	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Serine	g	0.503	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003